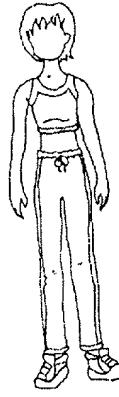


Hourglass

Fig. 1a

Spoon

Fig. 1b



Ruler

Fig. 1c

Cone

Fig. 1d

Figure 2a

FITNESS GOAL (LEVEL)	FREQUENCY (Days per week)	DURATION (how long of a period)	INTENSITY (how hard you're working/THR)	TYPE (Aerobic/Anaerobic % of time)
Weight Loss (For Sedentary Individual)	4-6 days per week	30-45 minutes	Low (THR 50%-60%)	90% aerobic 10%anaerobic first 3 months ----- 80% aerobic 20% anaerobic (after 3 months)
Toning (For Sedentary Individual)	2-3 days per week	25-40 minutes	Low (THR 55%-70%)	60% aerobic 40% anaerobic first 3 months ----- 50% aerobic 50% anaerobic (after 3 months)
Weight Loss (For Active/Semi-Fit)	4-6 days per week	40-60 minutes	Moderate (THR 60%-75%)	80% aerobic 20% anaerobic first 3 months ----- 70% aerobic 30% anaerobic after 3 months
Toning (For Active/Semi Fit)	2-4 days per week	30-45 minutes	Moderate (THR 65%-80%)	50% aerobic 50% anaerobic first 3 months ----- 60% aerobic 40% anaerobic after 3 months
Weight Loss (For Very Active/Very Fit)	4-6 days per week	60-75 minutes	High (THR 75%-90%)	70% aerobic 30% anaerobic first 3 months ----- 60% aerobic 40% anaerobic after 3 months
Toning (For Very Active/Very Fit)	3-4 days per week	60-75 minutes	High (THR 80-95%)	40% aerobic 60% anaerobic first 3 months ----- 30% aerobic 70% anaerobic after 3 months

Figure 2b

Body Type & Aerobic Exercise Chart

Equipment	SPOON®	HOURGLASS®	RULER®	CONE®
Stationary Bike	*	*	●	● Use tension
Treadmill	*	*	*	*
	Fast walking with no incline is Okay. Never use an incline.	Fast walking or running with no incline is Okay. Never use an incline.	Use an incline to walk or run.	Use an incline to walk or run.
Stair Climber	NR	NR	●	●
Rower	●	*	●	*
		Use light resistance.		Use light resistance.
Ski Machine	*	*	*	*
	Use light resistance for lower body, high resistance for upper body.	Use light resistance for lower body and upper body.	Use resistance for upper and lower body.	Use high resistance for lower body, light resistance for upper body.
Aerobic Rider (i.e.: HealthRider®)	*	*	●	*
	Use light resistance.	Use light resistance.		Use light resistance.
Jump Rope	●	●	*	●
			May use weighted Jump Rope.	
Spinning Elliptical Stair climbers Versa climbers Step	NR	NR	● Use resistance	*
				Use resistance for lower body. Do not use hand weights or resistance for upper body

NR = Not recommended for this body type

● = Yes

* = Yes, with specific instructions

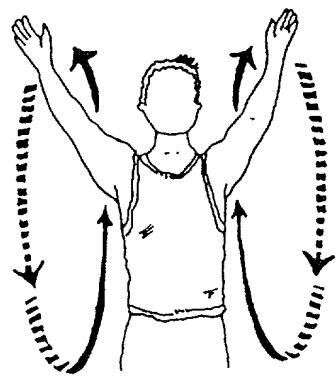


Fig. 3

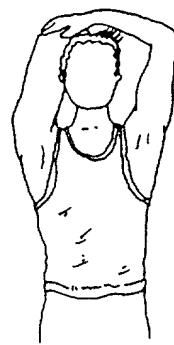


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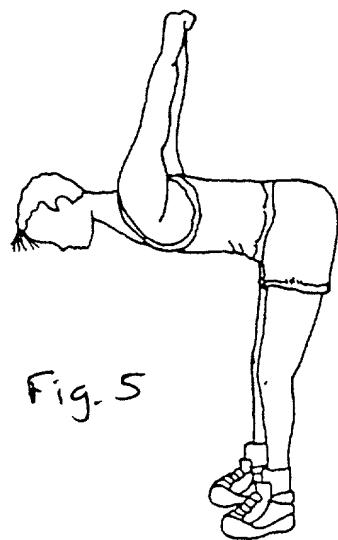


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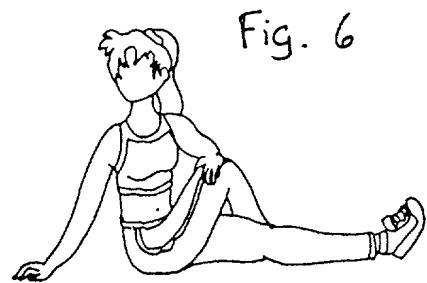


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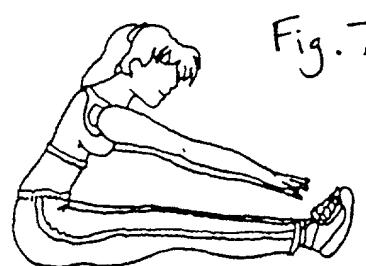


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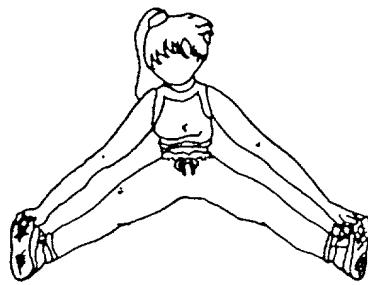


Fig. 8



Fig. 9

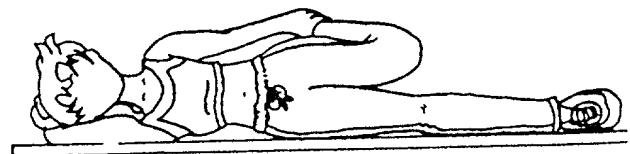


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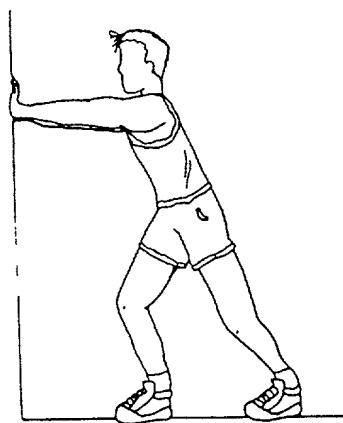


Fig. 11

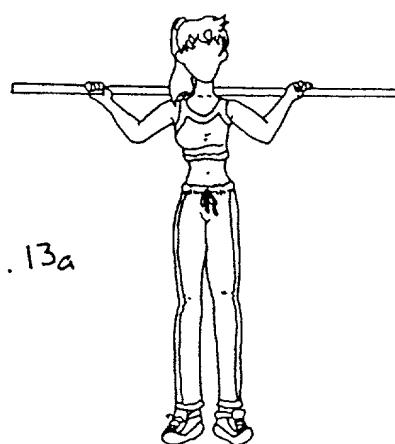


Fig. 13a

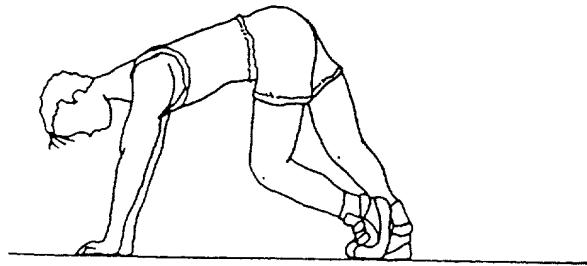


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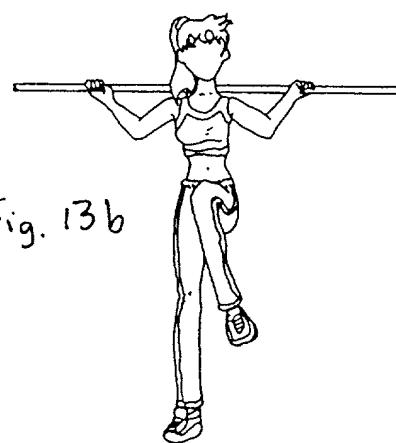


Fig. 13b

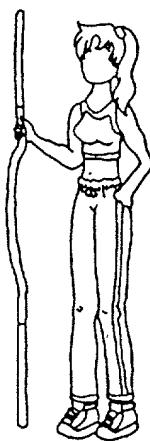


Fig. 14a

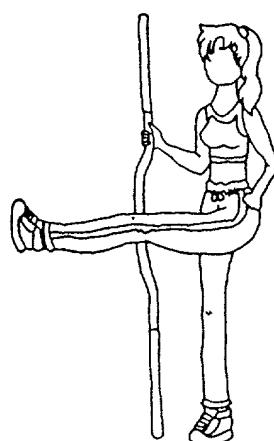


Fig. 14b

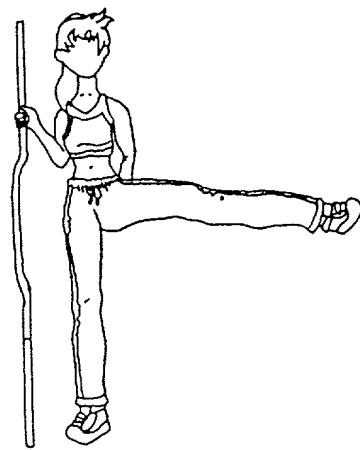


Fig. 14c

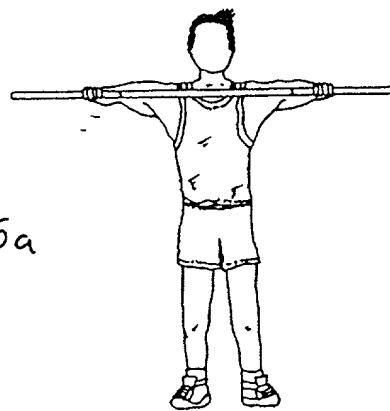


Fig. 15a

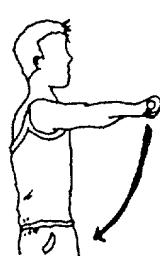


Fig. 15b

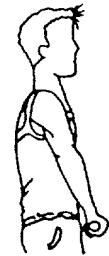


Fig. 15c



Fig. 15d

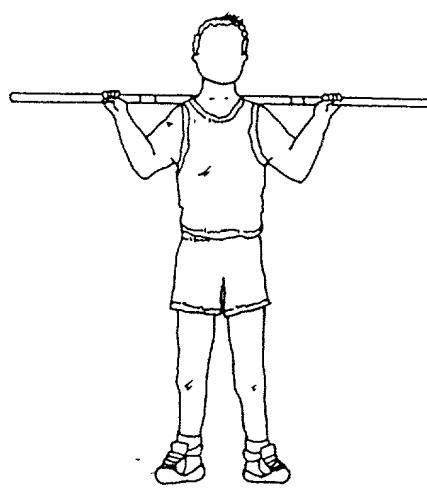


Fig. 16a

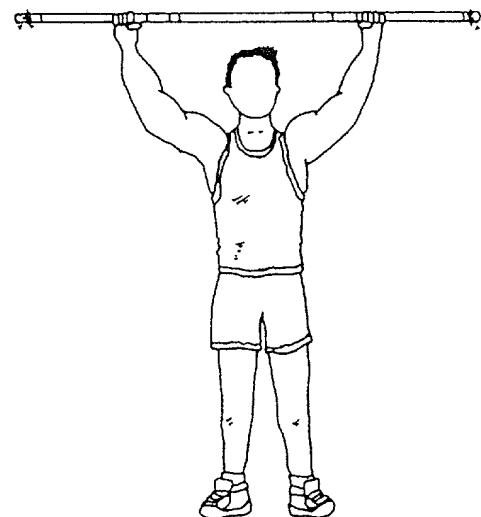


Fig. 16b

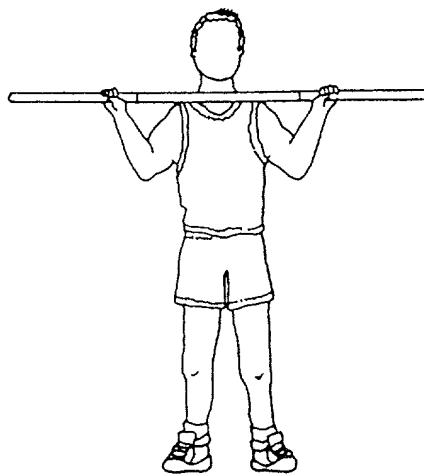


Fig. 17a

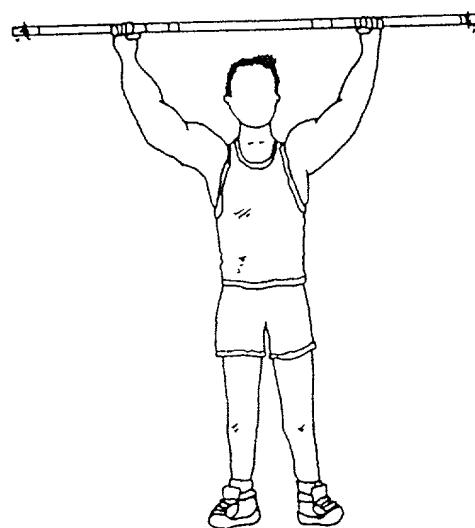


Fig. 17b

Fig. 19 a

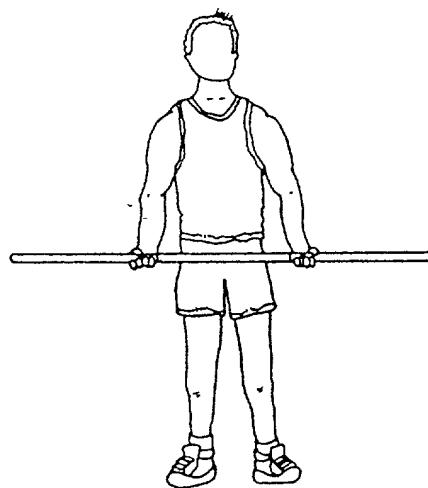


Fig. 18 a

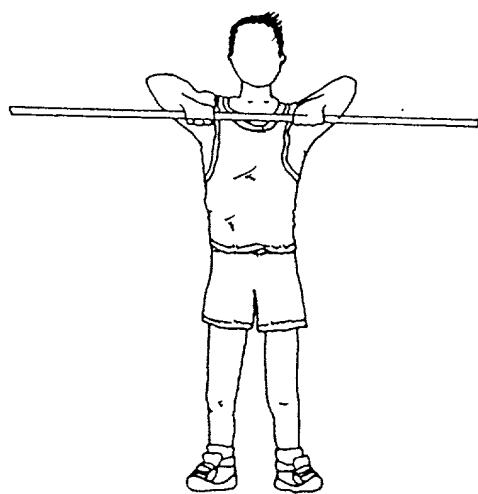
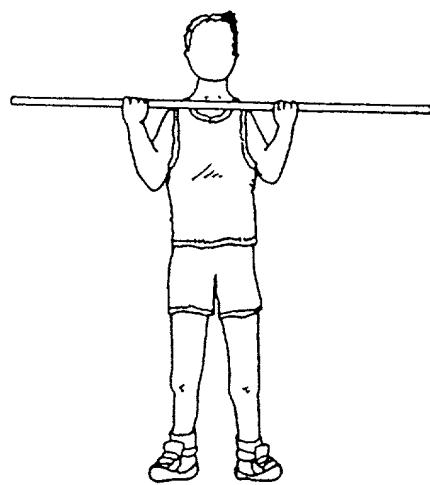
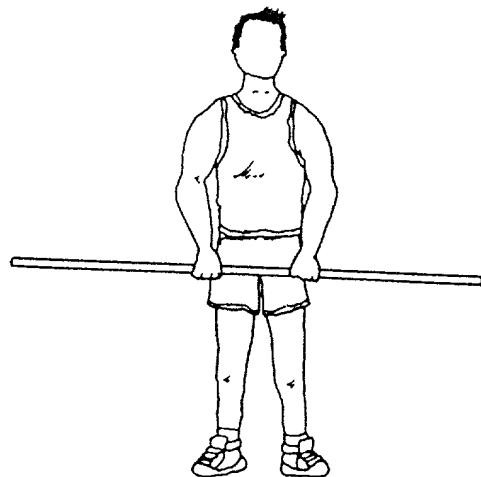


Fig. 19 b

Fig. 18. b

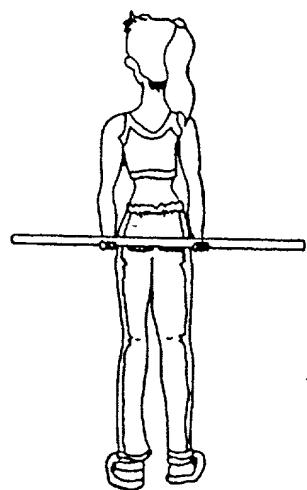


Fig. 20a

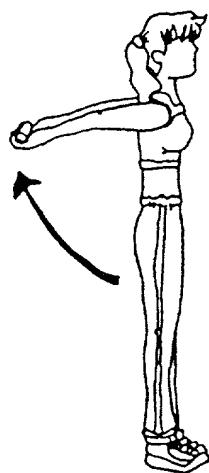


Fig. 20b

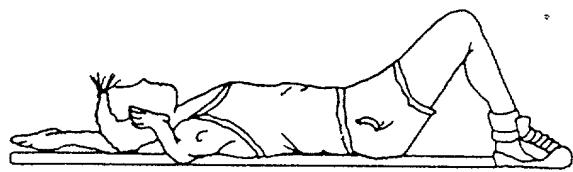


Fig. 21a



Fig. 21b

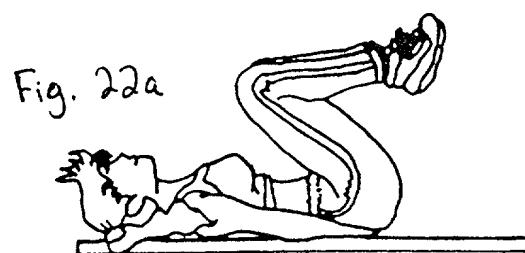


Fig. 22a

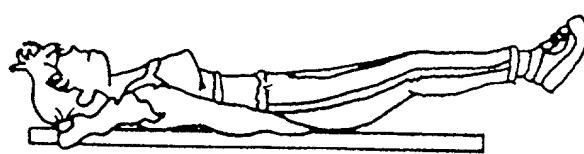


Fig. 22b

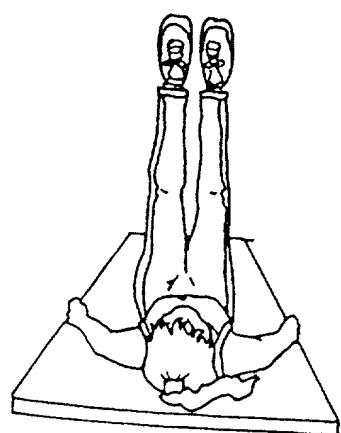


Fig. 23a

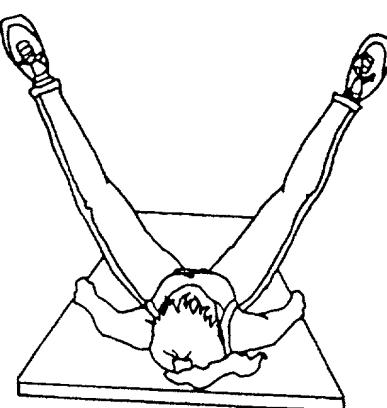


Fig. 23b

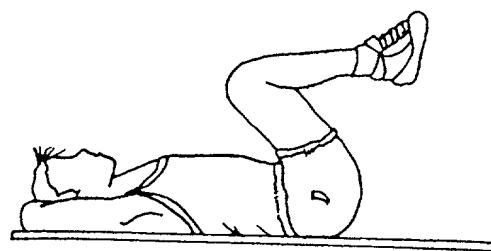


Fig. 25a

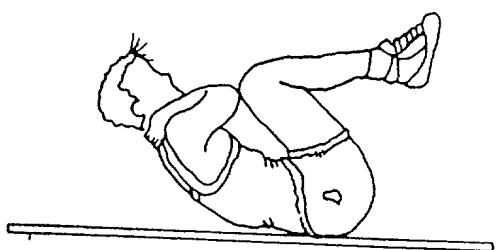


Fig. 25b

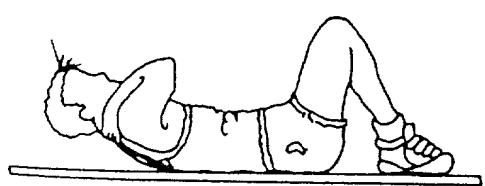


Fig. 26a

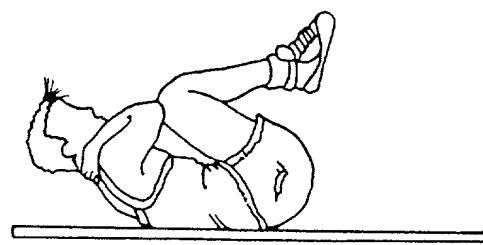


Fig. 26b

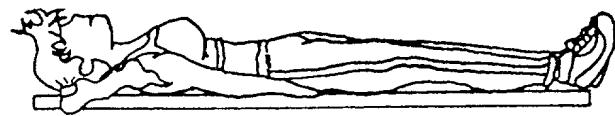


Fig. 24a

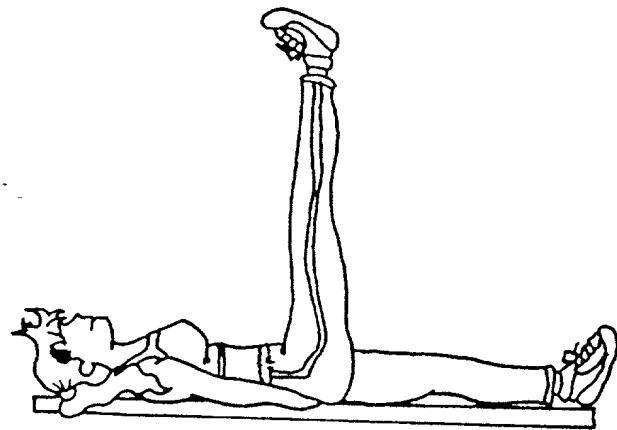


Fig. 24b

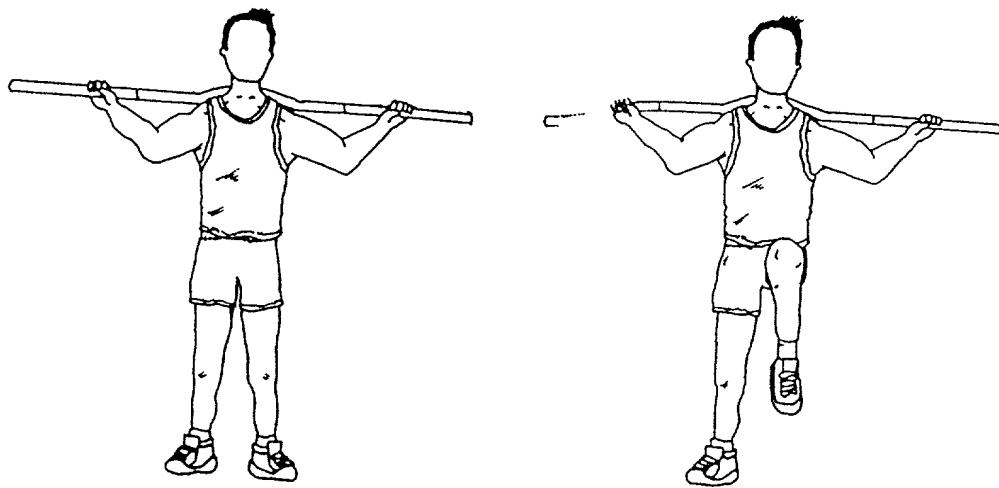


Fig. 27a

Fig. 27b

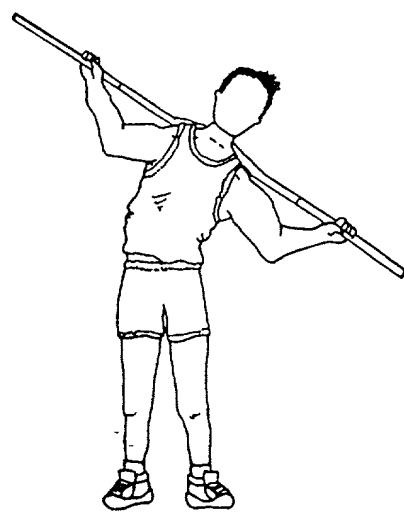


Fig. 28a

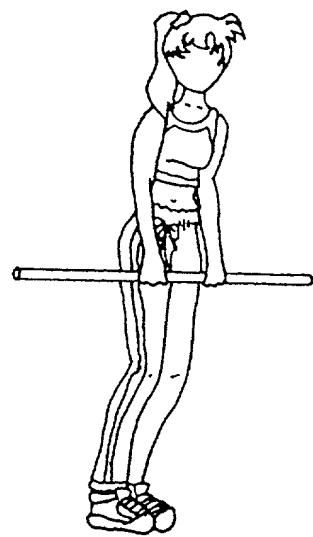


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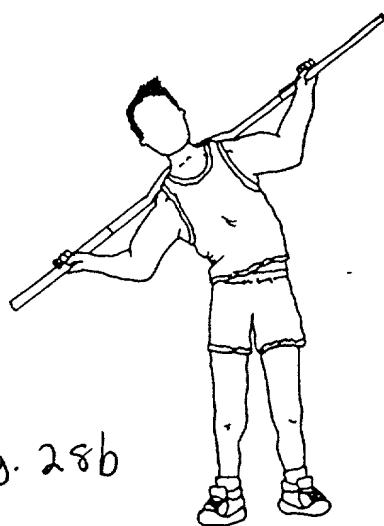


Fig. 28b

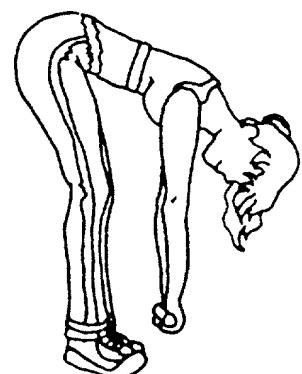


Fig. 29b



Fig. 30a

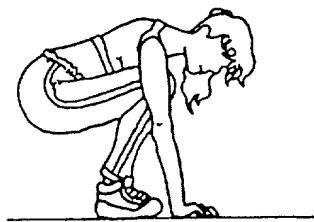


Fig. 30b

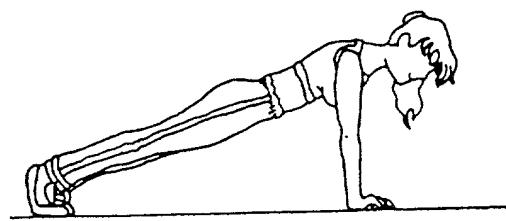


Fig. 30c